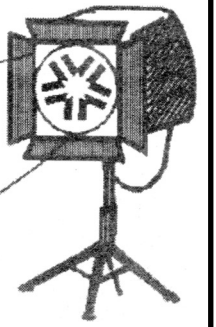




DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XX, ISSUE 5

A newsletter for D.C. Seniors

May 2005

## HAPPY OLDER AMERICANS MONTH: *Celebrating Long-term Living and 30 years of the Office on Aging*

### EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

May is Older Americans Month, a time to honor our elders as the keepers of history, values and traditions, and a time to celebrate "Long-term Living." Universally, there is a fascination with aging and long-term living, according to Steven Austad, Ph.D. and author of *Why We Age: What Science is Discovering*

*About the Body's Journey Through Life.*

But the "Fountain of Youth" has not been discovered. What we do know is that we can impact how we age and slow down deterioration by not abusing our bodies and by practicing healthy lifestyle habits such as eating well, moving more, not smoking, avoiding accidents, monitoring our medications, getting a good night's sleep, drinking plenty of water, breathing fresh air and celebrating life. After all, isn't this what our elders encouraged us to do?

Today, take steps to "Long-term Living" and a sense of well being by active participation in the D.C. Office on Aging's Senior Service Network programs and special events. Also, take steps to a healthier you by checking out Mypyramid.gov a new guide to nutritional understanding.

Happy Older Americans Month, and remember, the D.C. Office on Aging's mission is to provide advocacy, health education, employment and social services to District residents 60 years and older so that they can live longer and maintain independence, dignity and choice.

### D.C. OFFICE ON AGING, D.C. SENIOR CITIZENS CLEARINGHOUSE AND OFFICE ON AGING SENIOR SERVICE NETWORK PRESENT 41st Annual Senior Citizens' Day

"Celebrating Long-Term Living and 30 years of the D.C. Office on Aging"

Featuring health and information exhibits, a Social Security and Medicare Information Center, an Armory walk, fitness demonstrations, line dancing, live music and much more.

**Tickets are free but required for entry. Call 202-724-5622.**

Lunch



Information on Senior Services



Dancing



Health Screenings/Demonstrations



Thursday, May 12, 2005 • 11 am-2 pm  
DC Armory • 2001 East Capitol Street, SE  
For more information and tickets call (202) 727-6604



Government of the District of Columbia  
Anthony A. Williams, Mayor

## EMPLOYERS WANTED!

Employers are needed to hire District residents 55 and older to fulfill their full time and part time employment needs. Employers gain mature dependable, safety-conscious and hard working employees for a wide range of positions.

The D.C. Office on Aging Older Workers Employment and Training Program (OWETP) provides employment and training opportunities for District of Columbia residents 55 years of age and older. The program can match your labor needs with qualified job seekers. This service is provided free of charge.

For more information contact:

D.C. Office on Aging, Older Worker Employment and Training Program  
441 Fourth Street, NW, Suite 950, Washington, D.C. 20001 • 202-724-3662



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## May events

### 4th • 9 to 11 a.m.

The U.S. Administration on Aging (AoA) is celebrating Older Americans Month with a Celebrate Long-Term Living Walk on the National Mall in Washington, D.C. AoA is inviting organizations serving older people, especially those based in the Washington Metropolitan Area, to join in on this fun physical fitness event. Registration begins at 9 a.m. at the Hubert Humphrey Building, 200 Independence Ave., S.W. Participants will register in the Humphrey Building, and then, weather permitting, move outside. The walk will begin at 10 a.m. and the event will be over one hour later. The rain location is inside the Humphrey Building.

### 6th, 13th, 20th, 27th • 11 a.m. to noon

Iona Senior Services is offering a Parkinson's disease support group every Friday in May at 4124 Albemarle St., N.W. This is an opportunity for those with this chronic disease to share experiences. A screening interview with the group facilitator before attending is required. Call 202-895-9448 to register.

### 10th to 13th

D.C. Parks and Recreation will host the Senior Golden Olympics for athletes 55 and older. Competitions include track, tennis, bowling, swimming, archery and more. For more information, call 202-282-0748.

### 10th • 11 a.m.

Join Israel Baptist Church Senior Nutrition Center, 1251 Saratoga Ave., N.E., for a salute to Mother's Day. For reservations, call Vivian Grayton at 202-529-8701.

### 10th • 2:30 to 3:30 p.m.

Learn more about foods that contain lots of vitamins and minerals, at a workshop called "Super Nutrition for Summer" at 4125 Albemarle St., N.W. The program is sponsored by Iona Senior Services. Call 202-966-1055 to register.

### 12th • 11 am to 2 p.m.

The D.C. Office on Aging, the D.C. Clearinghouse and the Senior Service Network present the 41st Annual Senior Citizens' Day. The event will include health and wellness exhibits, a public safety pavilion, fitness demonstrations, live music, lunch and much more. Tickets are free but required. Call 202-724-5626.

### 14th • 12:30 to 2 p.m.

The United Planning Organization Weekend Nutrition Program will provide a memory assessment for seniors conducted by the Howard University Division

of Geriatrics. It will be held at 1649 Good Hope Rd., S.E. Call 202-610-5857 for more information.

### 15th to 21st

Seventh Annual Show You Care Week. During this week, churches, individuals, businesses and other community groups are asked to perform special services for seniors. This year's focus is volunteering your services to organizations that are making a difference. For a list of ideas, call 202-724-5626.

### 16th • 7 p.m.

The Family of Jazz Night in Southwest presents "An Evening with Gloria Lynne at the Lincoln Theater," 1215 U St., N.W. The show benefits jazz education and youth training in jazz and jazz programs for senior citizens. General seating is \$25, and VIP Seating and Reception is \$50. A reception immediately follows at the Prince Hall Masonic Temple, 1000 U St., N.W. For tickets and information call 202-484-8357.

### 19th • 1 to 3 p.m.

Iona's Reminiscence Group will meet to discuss the topic Things We Cannot Live Without at 4124 Albemarle St., N.W. For more information call 202-895-9448.

### 19th • 6:30 p.m.

The Greater Washington Urban League Division of Aging and Health Services will host its first Monte Carlo night fundraiser at the D.C. Convention Center. For tickets (\$100 donation), contact Vivian Grayton at 202-529-8701

### 23rd • 11 a.m.

Fort Lincoln 1 is hosting a seminar on identity theft and checking accounts presented by Citibank. For more information, call Vivian Grayton at 202-529-8701.

### 25th • 9 a.m. to 4 p.m.

Senior Health and Fitness Day at the Wellness Centers. Participate in health and fitness activities at a center near you. Call Congress Heights Senior Wellness Center at 202-561-7225, Model Cities Senior Wellness Center at 202-635-1900 or Washington Senior Wellness Center at 202-581-9355 to find out how you can participate.

### 27th, 28th, 29th

Serenity Players, Inc. presents *Home*, a drama by Samm-Art Williams at the St. Francis Xavier Church Bailey Room, 2815 O Street, S.E. on Friday, May 27 at 7:30 p.m., Saturday, May 28 at 1 p.m. and Sunday, May 29 at 4 p.m. This inventive, lyrically expressive play deals with the coming of age of a young black man from rural South Carolina. Performance tickets are sold at the door. Admission is \$8 for seniors and

students under 18 years old and \$12 for general admission. Persons with permanent disabilities and their companion will be offered half-price tickets. Group sales are available for 10 persons or more. Free parking is available in the church parking lot. Street parking is also available. Call 202-583-3128, for more information.

## Upcoming event

### June 26th • 2 p.m.

Witness the selection of Ms. Senior DC 2005 at the University of the District of Columbia, 4200 Connecticut Ave., N.W., Building 46. District women 70 years of age and older will be judged on a personal interview with the judges, their philosophy of life, and a talent and evening gown presentation. Tickets are \$12. Call 202-289-1510 x170 for more information.

## Notice

Attention Ward 5 seniors, if you have experienced an emergency situation that has caused you to fall 30 days behind on your rent, mortgage or utility payments, you may qualify for emergency assistance funds. Call Judy Hooks at the Greater Washington Urban League for more information at 202-529-8701

## Ongoing

United Planning Organization and Washington Senior Wellness Center invites seniors to participate in a free Medication Management/Disease Prevention/ Health Promotion Program (MMDPHPP). The objective is for seniors to take an active role in maintaining their overall health and mental well-being. The free educational seminars and workshops are from one to three hours long, and are offered on a weekly schedule Mondays to Fridays, from 11:30 a.m. to 4 p.m. Programs include: Art Therapy, Massage Therapy, Meditation/Stress Management, Diabetes/Hypertension Support, Music Appreciation and Dance/Movement Expression. All activities are held at the Senior Wellness Center, 3001 Alabama Ave, S.E., Washington, DC 20020. For more information call 202-427-3857.

### Saturdays and Sundays • 10 a.m. to 3 p.m.

The United Planning Organization Weekend Nutrition program continues to recruit members to join the program for a hot, nutritious lunch, a host of health-promotion activities and recreational activities every Saturday and Sunday at 1649 Good Hope Rd., S.E. Call 202-610-5857 for more information.

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001  
202-724-5622 • www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**  
Darlene Nowlin, **Editor**  
Adrian Reed, **Photographer**

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.



# When to Dial 911

The D.C. Fire and EMS Department wants you to know when to **"Make the Right Call."**

Call 911 immediately for every true medical emergency:

when someone is badly hurt, suddenly sick or any time someone's life is in danger. If you are ever in doubt that someone is having a true medical

emergency, you should call EMS by dialing 911.

Each year D.C. Fire and EMS responds to more than 100,000 calls for emergency medical assistance. Every call is important, but not all calls are for true medical emergencies. Going to a doctor's appointment, getting a scraped knee bandaged or filling a prescription does not require professional EMS assistance. Calling EMS in non-emergencies stresses the system and makes it harder for EMS personnel to do their job.

D.C. Fire and EMS is committed to serving everyone in the District of Columbia. For more information on when to make the right call, please call 202-673-3331.



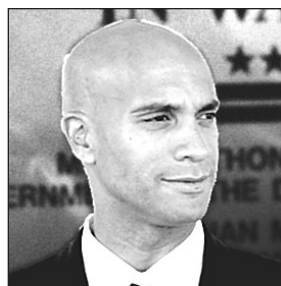
## D.C. OFFICE ON AGING NEWSLETTER

# CELEBRATING LONG-TERM LIVING

## A Guide to Services for Seniors

### The Council of the District of Columbia supports Long-Term Living

#### Committee on Human Services



**Adrian Fenty**

Adrian Fenty, *Chairperson*. Members: Marion Barry, Vincent C. Gray, Kathy Patterson and Carol Schwartz

The Human Services Committee, has oversight over the **Department of Youth Rehabilitation Services, Child and Family Services Administration, Department of Human Services, and Office on Aging**. This committee oversees the budget and the programs and services of each agency.



**Marion Barry**



**Vincent C. Gray**



**Kathy Patterson**



**Carol Schwartz**

### District Government Agencies Supporting Long-Term Living

#### D.C. Department of Health

#### What is the Senior Farmers' Market Nutrition Program (SFMNP)?

The purpose of the SFMNP is to provide fresh fruits and vegetables to senior citizens of the District of Columbia who are eligible for the Commodity Supplemental Food Program (CSFP). The program expands the awareness and use of farmers' markets and, also supports and promotes the daily consumption of fresh fruits and vegetables.

The District of Columbia's SFMNP, called "Get Fresh," began in June 2001. The program now operates from May 1 through November 16.

#### Who is eligible to participate in SFMNP?

Seniors (60 years and older) who receive CSFP benefits are eligible to participate in the SFMNP.

#### What is the benefit of participating in the SFMNP?

Under the SFMNP, recipients receive five checks valued at \$5 each, for a total value of \$25. These checks are used to purchase fresh fruits and vegetables. These checks can be used between May 1 and November 16.

#### How does SFMNP work?

Seniors may receive their "Get Fresh" checks when they come to pick up their monthly CSFP food package. The CSFP certifier explains how to use the checks, when and where they can be used, and the foods that can be purchased. The participant takes the checks to an authorized farmer and redeems them for the approved fresh fruits and vegetables. No change is given when the participant purchases less than \$5 worth of produce. If the purchase is over \$5, the CSFP participant must pay the difference in cash or food stamps.

#### D.C. Department of Human Services

D.C. Medicaid provides free health insurance to seniors and disabled persons. This insurance pays for visits to the doctor. It also pays for hospital bills and prescription drugs. It can pay your monthly premium if you have Medicare.

To qualify, you must live in D.C.

Your income must be less than the limit. Also, the amount you have in the bank must be less than the limit.

You do **not** have to be a US citizen. Some immigrants are eligible.

Even if your income is too high, you can qualify if you have high medical bills. This is called "Spend-Down." Call (202) 724-5506 to learn more about Spend-Down.

#### How can I apply?

You can apply at IMA. Call (202) 724-5506 to find out where to go.

You can also apply by mail. Call (202) 724-5506 to get an application.

In most cases, IMA will tell you if you are eligible within 45 days. If you are disabled, IMA will tell you if you are eligible within 90 days. The sooner you provide all of your information, the faster IMA can make a decision.

#### Programs and Services

District residents 60 years of age and older are qualified for various programs and services to help supplement them as they live out their golden years.

Adult Day Care  
Alzheimer's Services  
Caregiver Support  
Case Management  
Education  
Emergency Shelter  
Group Homes  
Group Mid-Day Meals  
Health Insurance Counseling  
Home Delivered Meal Program  
In-Home Support

#### Legal Services

Long Term Care Ombudsman  
Multi-Purpose Senior Centers  
Nursing Home  
Nutrition Counseling  
Respite Aid Services  
Transportation  
Wellness Centers

#### Service Areas

Five lead agencies provide a wide range of social and health services throughout the eight wards of the city. These agencies act as community satellites that continually strengthen our link to older Washingtonians.

Barney Neighborhood House

**Service Area: Wards 1 and 4**

Contact: (202) 939-9020

IONA Senior Services

**Service Area: Ward 3 and parts of Ward 2**

Contact: (202) 966-1055

Greater Washington Urban League

**Service Area: Wards 2 and 5**

Contact: (202) 529-8701

United Planning Organization Senior Services

**Service Area: Ward 6**

Contact: (202) 547-0569

United Planning Organization/Project KEEN  
Comprehensive Senior Program

**Service Area: Ward 7**

Contact: (202) 388-4280

Greater Washington Urban League

**Service Area: Ward 8**

Contact: (202) 373-1860

Although most services and programs are provided through our Senior Service Network, two direct services are performed within our administrative office. The Office on Aging operates a job training and employment program and an information and assistance unit for District residents.

#### Job Training and Employment Program

The Older Workers Employment and Training Program (OWETP) assists District residents 55 years of age and older with job placement through training programs and various public/private partnerships. Since program year 1983, the office has operated an employment program for seniors in need of additional income to meet the high cost of living in the District.

Employers gain dependable, safety-conscious, hard-working employees for a wide range of positions. The seniors develop opportunities for eco-



D.C. OFFICE ON AGING NEWSLETTER

LONG-TERM LIVING continued from page 39

nomic, professional and social growth, gaining independence and enhanced self-esteem. The city gains by moving people from dependent to independent roles, enabling seniors to continue as active and contributing members of the economy and community. Persons interested in participating in the OWETP should call, 202-724-3662.

Information and Assistance

During the weekday hours of 8:30 a.m. to 5 p.m. seniors, family members, caregivers and the general public can call one central location and find out how to access services that are available to seniors throughout the District of Columbia. Persons may also stop by the office to speak with someone or pick-up written materials on programs and services.

D.C. Parks and Recreation

Provides leisure activities for senior citizens at 13 recreation centers throughout the city. Special programs including the Golden Olympics, the Senior Citizen Boat Ride, leisure camps and the United Generations Grandparents' Camp are held annually for seniors. Call 202-282-0748 for more information about these activities and more.



Mayor Williams with centenarian Eva Taylor

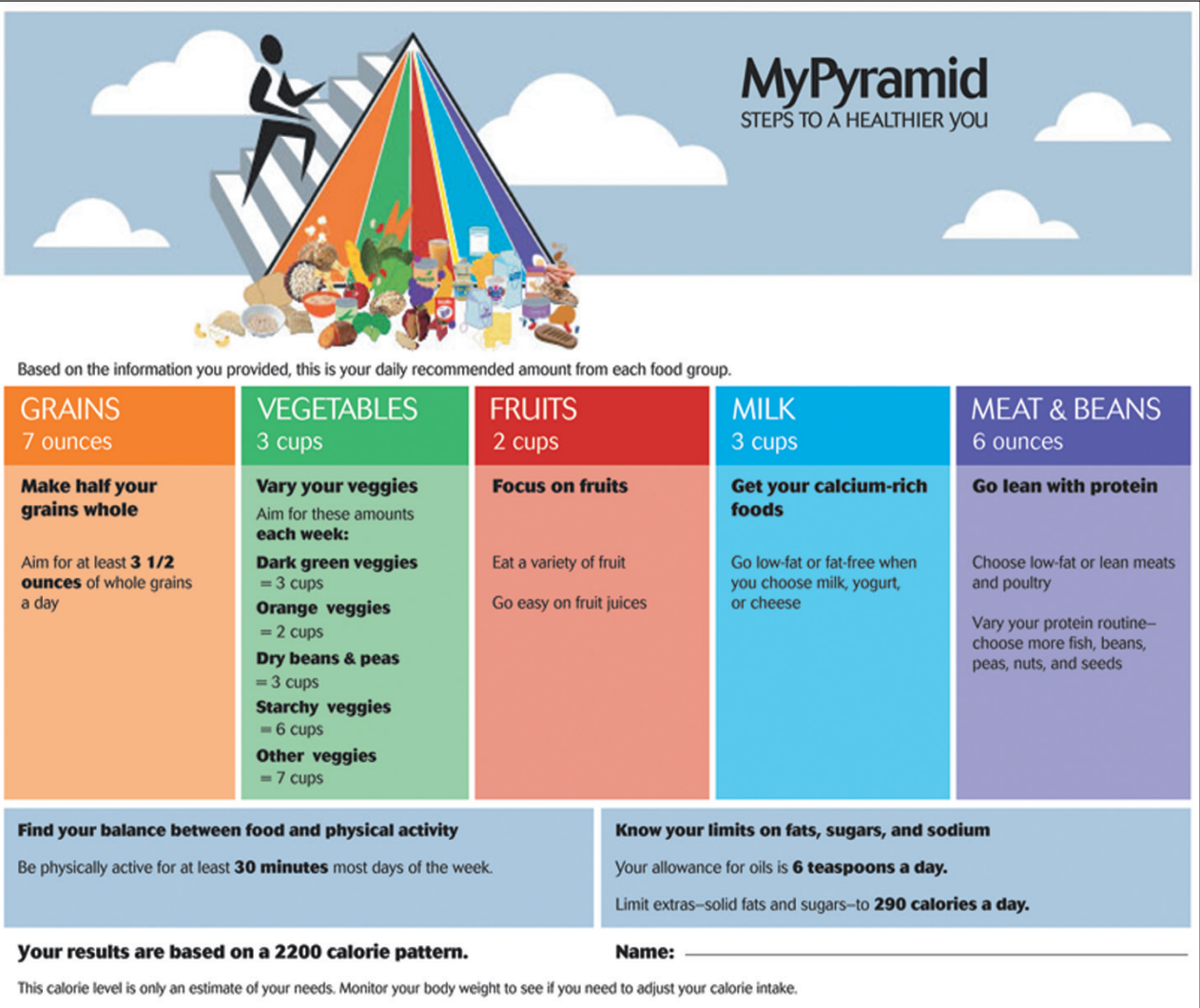
OoA Celebrating Long-term Living

Each year, Mayor Anthony Williams and the office salutes persons that are 100 years of age and older at a special luncheon. District residents are registered with the office by their family members and friends, and they are invited to attend the luncheon where they receive medallions and certificates to celebrate their longevity. Last year, the office honored more than 70 residents. The oldest resident registered is Corinne Taylor, a resident of Anacostia who is 111 years old.

Nutrition Supports Long-Term Living

The Office on Aging has 55 nutrition centers throughout the city to support the nutritional needs of older residents. Seniors can eat meals with their peers during the lunch hour, participate in activities and learn more about proper nutrition. Call your lead agency for the nearest location.

Food pyramid for a 60-year-old male



Food pyramid for a 60 year-old-female

